



Network News



A Look Inside

Page 2:

Summary of Dr. Karp's Keynote at
May 2009 Conference

Page 3:

*Highlight A Program

*Highlights from Adolescent
Parent Day - November 2009

Page 4:

Community Resources

Who Are We?

The Adolescent Parent Interagency Network (APIN) is a network of Manitoba professionals who meet regularly with the goal of ensuring high quality service to pregnant and parenting adolescents. The Network helps facilitate the sharing of information related to existing services and resources.

Save the Date

April 30, 2010

for Adolescent Parent Interagency Network (APIN)'s Conference

Understand, Reach Out and Connect with Youth

The conference will focus on the theme building relationships with adolescents, a wide-ranging theme for those working with youth and youth issues. Educators, social workers, counselors, and health professionals are invited!



The keynote speaker, Dr. Sheryl Feinstein, will deliver an engaging and interactive presentation, Reaching and Engaging the Teenage Brain. Dr. Feinstein, an Associate Professor in the Education Department at Augustana College, is the author of Secrets of the Teenage Brain 2nd Ed, which is a national and international bestseller. She is also the author of Parenting the Teenage Brain: Understanding a Work in Progress, and Teaching the at Risk Teenage Brain.

The conference will include additional speakers who will address building healthy relationships, addiction counseling and dealing with at risk adolescents. Students from R. B. Russell will put on a dramatic presentation related to the conference theme.

More information about the conference will be posted in early 2010 on the website www.apin.org.

APIN will be offering a **brown bag session** in early March. The topic will be Engaging & Working with Teen Fathers. Please watch your emails and APIN's website (www.apin.org) for further instructions in the near future.

Adolescent Health, Pregnancy & Parenting

For professionals working with adolescent parents:

Tools to understand & promote happy secure relationships between teens & their children

The following is an overview of Dr. Karp's keynote address at the May 2009 Conference.

Dr Harvey Karp – **The Happiest Baby on the Block**

Making fussy babies calm, calm babies serene, and all babies sleep longer!

Dr. Karp's first presentation of the day made use of video clips from his DVD "The Happiest Baby on the Block" to illustrate his concepts of "The 4th Trimester" and stimulating the calming reflex with the "5 S's".

He discussed the various theories about the causes of colic and proposed that the cause of fussy babies is that they are "evicted" 3 months early so need the first three months after birth to finish their development. They can't wait to be born when they are more mature because their heads would be too big, so parents need to learn how to trigger the Calming Reflex in their new babies by using the 5 S's. The calming reflex is the "off switch for crying and the on switch for sleep" according to Dr. Karp. The 5 S's are as follows:

The 1st S – Swaddling (large blanket, snug with arms at sides)

The 2nd S – Side/Stomach (in parent's arms, not to sleep, tipped slightly onto side)

The 3rd S – Shushing (as loud as crying, mimics the intrauterine environment)

The 4th S – Swinging (support the head, small jiggling motion)

The 5th S – Sucking (other cultures nurse 50-100 times/day)

It is necessary to be specific about the technique, use enough vigor, use the 5 S's in combination (1-5 S's simultaneously). 95% of the time if people claim it "doesn't work" it's because it's not being done exactly right.

Dr. Harvey Karp – **Taming Toddler Tantrums: A Novel Way to Quickly Reduce Tantrums and Boost Cooperation and Patience**

In Dr. Karp's second presentation he discussed two new ideas – toddlers are like little cavemen and there are respectful ways to quickly stop and dramatically decrease tantrums. He expanded on these ideas by saying that toddlers are primitive in their cognition and are right brain dominant especially when they are upset. He suggested two top rules for dealing with a toddler having a tantrum:

The "Fast Food" rule – whoever is hungriest for attention goes first and the other person repeats back what they have heard, and finding the "sweet spot" for your communication, meaning what you say to someone who is upset is less important than the way you say it.

The other rule is to use "Toddler-ese" – short phrases, repetition and mirroring a bit of the feeling the child is expressing. He used his DVD "The Happiest Toddler on the Block" to illustrate this technique as well.

Dr. Karp also discussed his educator certification program which trains interested people to be certified Happiest Baby Instructors. The information about this program is available at education@thehappiest-baby.org and his website is www.thehappiestbaby.org.

Highlight A Program - Families First

The Families First (FF) program is offered to eligible families in conjunction with public health services. The FF program is a strength-based approach aimed towards supporting families and building on their current strengths. Through activities, crafts and even song families work towards enhancing their problem solving skills, role modeling abilities as well as work on goal setting for the future. The FF home visitor assists families in connecting with available resources within the community such as parenting groups, food banks, and peer support groups. The FF home visitor is skilled in the delivery of the Growing Great Kids curriculum that essentially models to the parents positive ways of stimulating brain development, providing basic infant care and nutrition, and emphasizes emotional development including attachment and bonding. A good day for a FF home visitor includes watching families interact positively with one another, using learned parenting techniques such as the daily do's, e-parenting or brain builders. The FF program can make a difference in peoples lives and is credited for helping families – helping children

Submitted by the Family First Home Visitors of Downtown East Public Health

HIGHLIGHTS FROM APIN ADOLESCENT PARENT DAY!



More than 135 adolescent parents, babies and service providers attended APIN's Adolescent Parent Day on November 24, 2009. Jake Chenier provided fun entertainment, we heard testimonials from several adolescent parents, the Little Butterfly Singers entertained us, and we heard a presentation on attachment. It was a great day of learning and fun, enjoyed by all.



A child's life is like a piece of paper on which every person leaves a mark. - Chinese Proverb

**Promote your programs & events in
APIN Network News!**
Fax to: (204) 256-7248 or email: info@apin.org
(Info included as space allows)

Community Resources

Better Fathers Inc.
better_fathering@mts.net
www.betterfathersinc.org

=====

Children's Coalition Family Friendly
Service Navigation: A Continuing
Conversation
February 2, 2010, 7-9pm; West Kildonan
Collegiate
akresta@mts.net or 487-2808 (Anne)

=====

Fort Garry Women's Resource Centre
www.fgwrc.ca

APIN Network News
is published four times per year for the network of
Manitoba professionals working to ensure high quality
service to pregnant and parenting adolescents.

APIN Newsletter Editor & Coordinator ede Fast
(204) 256-7248 email: info@apin.org
post: 30 Theydon Place, Winnipeg, MB R2N 3B1

APIN web site: www.apin.org

APIN is funded through Healthy Child Manitoba.

APIN STEERING COMMITTEE

Jan Sprange, Mount Carmel Clinic.....	589-9457
Enrica Herfurth, Villa Rosa.....	786-5741 xt236
Trina Larsen, Healthy Child Manitoba Office.....	945-2785
Kim Witges, WRHA	940-8712
Willow Boulanger, Isobel's Place.....	925-0328
Chrysta Swain, Little Spirit Aboriginal Head Start.....	783-8116
Joy Rae, The Family Centre	947-1401
Kris Robinson, St. Boniface Hospital.....	235-3720
Jacqueline Shortridge, St. Boniface Hospital	237-2456
Melissa Jagger Plante, Healthy Start.....	949-5353
Michele Bercovich-Love.....	944-4378
Nadia Dias.....	944-7404

Help APIN Go Green!
If you received the Network News by mail, please send your email address to info@apin.org. In future, we hope to change our mailing list to email only. Your cooperation is greatly appreciated! Thank you.

Brown Bag Sessions
In the Fall, two Brown Bag Sessions were held, with the following topics: 1) Accessing Financial & Housing Support for Adolescent Parents: Issues and Challenges, and 2) Experiences & Challenges Faced by Adolescent Parents. You will find summaries of both these sessions on APIN's website.

WWW.APIN.ORG
Check it out for further details regarding upcoming events.